



The Pathways Post

VOLUME III, ISSUE V

JULY 2016

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Second IDDT Group to Start in September

About two years ago, P2H Edmonton started offering an IDDT (Integrated Dual Diagnosis Treatment) Group. The people who attend the group tell me that it is really helpful, they feel connected to others in the group and that they enjoy regularly attending. So, we think it's time to add another IDDT group to the schedule!

What is IDDT group?

Often, people with mental health problems use drugs or alcohol to help them cope with those problems. On the other hand, drugs and alcohol can also cause issues for people with mental health problems. Integrated Dual Diagnosis Treatment is for people who have mental health problems and who also have a history of using substances. *This is not a 12-step group* and you do not need to be clean to attend. We also do not sit around sharing 'war stories' about past drug or alcohol use. We meet so that clients can support one another, share ideas and learn from each other. We generally cover some core topics such as: coping with symptoms, triggers, healthy lifestyles, depression, trauma, resilience, etc. Dr. Wright's and my role is to help facilitate discussion, make sure group is a safe place and provide information.

Who attends IDDT group?

Dr. Wright and I (Keith) will facilitate group. We also hope to have between 4 and 9 clients in the IDDT group regularly.

When is IDDT group?

The new group will meet on Tuesdays at 12:45 at the P2H Edmonton Office. We always have a *delicious* lunch before group at 12:00 and everyone is encouraged to eat with us in our office before IDDT group begins.

How do I start?

If you are interested in IDDT group, let a team member know. Dr. Wright or myself will want to talk with you prior to attending to make sure you can ask any questions you have and that you understand what IDDT group is all about.

When does it start?

IDDT group will start Tuesday, September 13.

I hope to see you there!!

Keith



Save the Date

The Annual P2H Edmonton Summer BBQ will be held on Thursday, September 8th at Victoria Park!!!

See page 2 to see what you can do to have STEAK served at this year's BBQ!



I Never Thought ... by Marless J

It was a cold February Night
Unattained, without Thought
Simply asked if I wanted you
I said "yes"

Brought to me because of spite
Between others
I instantly fell in love with you
How tiny in my hands you felt
So very afraid you were of the unknown

I myself was also afraid...
Afraid that you'd hate me
But I from the beginning felt something
So unreal, I instantly fell in love with you

You've waited till all was clear
And then you peered your
Cute little face, and stared
Straight at me, like you needed me

And little did I realize I needed you
I miss you baby girl, so much
I never knew how much you meant to me
Now that you are gone I feel so
Empty, your space that you've
Filled here, seems so ghostly
Now that you ain't here

Baby girl it crushed me to
Walk you away from me
Your last kisses to me spoke a
Thousand words whispered only
between us

How I miss you so much
Can you feel me, can you sense
How departed I feel from you
In this wake of separation

The nakedness of your Animal
Being, hurts me so much

How I wish that you were here
My loyalist companion
True to me even in my darkest
You were always here

I can't forgive myself of being so
Weak
I shouldn't have let you go
I pray that you'll come back to me

Please miss me as much as I miss you.

I love you Baby girl



Time to Get Cleaning and Win Prizes!

Everyone who completes this month's cleaning challenge will get a \$10 Wal-mart gift card ... and one lucky winner (to be drawn at random from everyone who participates) will receive a \$50 gift card to their grocery store of choice!



THANK YOU TO BOARDWALK RENTAL COMMUNITIES FOR THEIR GENEROUS DONATION THAT PROVIDES FUNDING FOR OUR CLEANING CHALLENGE PRIZES!!!

A SPARKLING CLEAN BATHROOM CAN GIVE US ALL A GREAT START TO THE DAY!

Show a member of the P2H Edmonton Team your clean bathroom by September 2nd and you will receive a \$10 gift card and be entered to win the \$50 gift card ...

HATE CLEANING?

Here's one plan to keep your bathroom clean in just 2 minutes each day, and a 10 minute deeper clean once per week!

Every Day

- Wipe out the sink (30 seconds)
- Wipe the toilet seat and rim (15 seconds)
- Swoosh the toilet bowl with a brush (15 seconds)
- Wipe the mirror and faucet (15 seconds)
- Spray the shower and curtain liner with shower mist after each shower (15 seconds)

Once Per Week

- Scrub the tub or shower (3 minutes)
- Scrub the tiles (4 minutes)
- Mop the floor (2 minutes)
- Wipe the switch plates and doorknobs (30 seconds)
- Empty the wastebasket (30 seconds)

NEED HELP CLEANING? NEED CLEANING SUPPLIES?
JUST ASK ANY MEMBER OF THE P2H EDMONTON TEAM AND WE WILL HELP YOU OUT!

P2H Edmonton Step Challenge

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The Step Challenge is off to a great start!

- Congratulations to Allan for completing the most steps in June! He wins a \$25 Wal-mart gift card!!!
- Also winning a \$25 Wal-Mart gift card is Lester, winner of the June draw!
- So far, Dr. Barr has an average of 10,028 steps per day—way to go Dr. Barr!
- Dr. Barr's average is higher than the average of the P2H Edmonton Clients participating in the challenge so far—so let's see if you can all 'step up' your efforts to win STEAK at the BBQ on September 8th!

Everyone is invited to participate in the P2H Edmonton step challenge. From now until September 21st, track the number of steps you take every day, for a chance to win prizes!

It's never too late to start, and we have pedometers for those who need them. If you find the pedometer isn't working for you, write down how many minutes you walk each day, and we'll do some math to estimate your steps. Ask for a tracking sheet to get started – let's see who can walk more than Dr. Barr!

Monthly Prizes!!!

\$25 Gift Cards for: Most Steps
Biggest increase in steps from the previous month
Random Draw for all Participants



Just hand in your tracking sheet at the end of the month to enter for the Monthly Prizes

Plus: When you reach 500,000 steps – get a handy water bottle to take on your walks
When you reach 1 Million steps – get a \$10 Subway gift card and be entered to win a \$100 gift card from the grocery or clothing store of your choice!

And if the average number of steps taken by the P2H Edmonton Clients by August 31st beats the number of steps Dr. Barr takes this summer, P2H Edmonton will serve **STEAK at the annual BBQ on September 8th!!!**



Why not join the Walking Group to increase your steps?

Every Wednesday at 1pm

Meet at the P2H Edmonton office
Transportation will be provided to different walking sites in the River Valley and at Parks throughout Edmonton

Water and Healthy Snacks are provided



Help us Make the Pathways Post a Great Newsletter!

Honorariums of \$25 will be paid for content from our Clients included in the Pathways Post.

We accept: - Drawings - Short Articles - Poems
- Photographs - Recipes - Budget/Shopping Tips

Please pass along your submissions to a Team member.

Harm Reduction Supplies

Don't forget, Harm Reduction Supplies are always available—just ask a member of the Team.

Naloxone/Narcan kits are also available.

TAXES NOT DONE YET?

Please let us know at your next Home Visit so we can discuss whether you want some help getting them done—it is important to get them done to make sure you can send your Notice of Assessment to AISH or Alberta Works, and to make sure payments like GST are not delayed.

IDENTIFICATION AND OTHER IMPORTANT DOCUMENTS

- Everyone should have valid picture ID—the Team can help you get picture ID if you need it
- Make sure you keep important papers i.e. your Health Benefits Card and your Income Tax Notices of Assessment
- Show a member of the Team any letters you get from the Government, Alberta Works or AISH so we can help make sure your benefits don't get delayed

Wecan Food Baskets



Wecan baskets of fresh fruits, vegetables and meat are available every month for \$25—talk to Jamie or any other member of the Team for more information about how you can get signed up for Wecan baskets—P2H will even pay for your membership fee and your first food basket!

Upcoming Events and Important Dates

WHEN	WHERE	WHAT
Thursday, September 8th at 12pm	Victoria Park, Picnic Site 6	Summer BBQ!!!!
Wednesdays at 1pm	Meet at P2H Edmonton Office	P2H Edmonton Walking Group
Tuesdays	P2H Edmonton office	IDDT Group—talk to Keith or Dr. Wright for more information



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Pathways to Housing Edmonton is funded by the generous support of:

